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Empty Calories

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Empty Calories

Use these guidelines to figure out how many calories you add each time you eat the following food products*:

Food	Calories
Breaded and fried foods	About 100 per serving
Butter or margarine	36 per teaspoon
Catsup	16 per tablespoon
Candy	
<i>1 chocolate bar</i>	226 each
<i>Fun-size candy bar</i>	76 each
<i>1 piece fudge</i>	65 each
<i>1 piece hard candy</i>	24 each
Cream gravy	96 per ¼ cup
Jelly or jam	55 per tablespoon
Mayonnaise	99 per tablespoon 49 per tablespoon for light 12 per tablespoon for fat-free
Milk	35 per cup for 2% milk 60 per cup for whole milk 50 per cup for flavored milk
Oils	120 per tablespoon
Salad dressing	75 per tablespoon 20 per tablespoon for reduced calorie
Soda	152 per 12-ounce soda 253 per 20-ounce soda
Sugar	16 per teaspoon
Syrup	52 per tablespoon

*Values estimated using data from the U.S. Department of Agriculture Home and Garden Bulletin No. 72, "Nutritive Value of Foods."

Written by Jackie Walters, MBA, RD, LD, Extension Specialist for Nutrition Education Programs

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